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3 things you need to know

MAN GETS 20 YEARS IN ATTEMPTED MURDER OF GEORGE ZIMMERMAN

A Florida man was sentenced to 20 years in prison on Monday, media reports said, for shooting at George Zimmerman, who had shot and killed the unarmed black teenager Trayvon Martin in 2012 in a case that garnered national attention. Matthew Apperson was convicted by a jury last month of second-degree attempted murder for firing at Zimmerman, 33, during a roadside confrontation in Lake Mary, Florida, in May 2015. A Sanford, Florida, jury had acquitted Zimmerman, a former neighborhood watchman, of murder in the fatal shooting of the 17-year-old Martin. The case sparked the Black Lives Matter activist movement that campaigns against violence toward black people. **REUTERS**

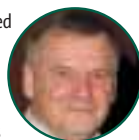


VP BIDEN TO REPORT ON CANCER MOONSHOT PROGRESS

Vice President Joseph Biden will release on Monday a report on the administration's Cancer Moonshot initiative designed to speed the development of new cancer drugs and diagnostics. The project, led by Biden, aims to double the speed of cancer research over five years by increasing collaboration between government and industry, simplifying clinical trials and fostering greater transparency in research. The \$1 billion project was announced by President Barack Obama during his State of the Union address in January. Since then Biden, whose son Beau died last year at age 46 from brain cancer, has announced multiple investments and collaborations in support of the project. The report, prepared by a multiagency task force, summarizes the work completed so far and outlines a path forward over the next five years. **REUTERS**

RETIRED US GENERAL CHARGED WITH LYING TO FBI IN LEAK CASE

A retired Marine Corps general who last served as vice chairman of the Joint Chiefs of Staff has been charged with making false statements to the FBI during an investigation into leaks of classified information, according to a federal indictment released on Monday. Four-star Gen. James Cartwright was questioned by the Federal Bureau of Investigation in 2012 over a book written by New York Times reporter David Sanger, which exposed a malicious computer software program known as "Stuxnet" designed to disrupt Iran's nuclear program. Reuters and several other news outlets have previously reported that Stuxnet was developed jointly by U.S. and Israeli forces. Both the U.S. and Israel have never publicly admitted responsibility for Stuxnet. Stuxnet was a sophisticated computer virus deployed covertly in 2009 and 2010 to sabotage Iran's nuclear program. **REUTERS**



METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to www.metro.us/news-quiz to submit your answers.

1. What did a recent NYU study reveal about minority school teachers?
2. Which NBA player does Willy Hernangomez remind Carmelo Anthony of?
3. Which type of fall squash has the most tender, edible skin?



GETTY IMAGES

Better options for B students shopping for high schools

A new list considers the best school options for incoming freshmen with less-than-perfect grades.



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Right now, 90,000 New York City eighth graders are sorting through a phone-book-size list of 400 public high schools to find the best fit for the next four (arguably most critical) years of their lives.

They submit their high school applications on Dec. 1, rank their 12 favorite choices, go to open houses and tours, interview and audition and sometimes take specialized school exams.

There are a number of guides that ease this monstrous process. For example, U.S. News and World Report just released a list of NYC's top 50 high schools for 2016, which is separate from their countrywide ranking released in April.

"New York City has a large enough universe of high schools for us to be able to do a standalone, citywide comparison,"

U.S. News and World Report chief data strategist Robert Morse told Metro.

The media company's assessment lists the city's most elite high schools. And the reality for the majority of incoming freshman is that those top-tier schools with strict admissions are impractical options.

"A solid B-student and even A-students may not make it to the top schools," Laura Zingmond, senior editor at InsideSchools.org, told Metro. InsideSchools is an organization that provides independent information about the New York City school system, and which just published a handy alternative list of high schools called the "best bets for B students."

"Just because a student doesn't have the most outstanding grades does not mean they have to settle for any old school. What's important is that they need a peer group at their level and at their pace," Zingmond said.

Their list features schools with solid instruction as well as accelerated, college level classes that ranked in the top 25 percent of schools for "college readiness,"

meaning the percentage of seniors whose Regents exam scores exceed remedial levels. Many are great picks for A-students too, including the very selective NEST +M and the NYC iSchool.

They narrowed the list to schools that a B student can get into, some of which screen for grades and some of which do not. For the schools that do screen for grades, the lowest acceptable averages fall between 65 and 85.

They also categorized the schools by borough in consideration of the commutes, a very important factor that a lot of students overlook when making their picks.

"There may be two kids who look very strong but one can handle it, and one would implode leaving before sunrise and getting home after sundown," Zingmond said, explaining this is particularly true for Staten Islanders.

For schools in the Bronx, consider University Heights Secondary School, a STEM school with outstanding scores. For Brooklyn, the highly respected Edward R. Murrow High School also made the list as a great choice for kids with arts abilities. Also in Brooklyn, the Pathways in Technology Early College

High School is an excellent choice and doesn't screen for grades, but boasts high college readiness scores.

"Students have to take an honest look at what schools they can't get into" and knock those off their list, said Zingmond. "There are a few great schools that go beyond the data."

Zingmond offered tips for any student in the process:

- Do it right the first time. It's very hard to transfer.
- Consider the commute.
- Never rank a school you don't know or don't like based on someone's recommendation. "It can lead to disaster."
- Going to open houses and tours are crucial and count toward admissions. "Schools look for the students who came to the open house and preference them over the kids who didn't."
- Students whose parents are involved in the process and are supportive have a much better chance to find the right fit and get into their top choice.

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NYC's cabbies can steer you to the authentic South Asian eateries

More than 45 percent of the city's yellow cab drivers are from the Indian subcontinent.



NEHA BANKA KANORIA
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Taxi drivers from the Indian subcontinent collectively form the largest ethnic group in the profession in New York City and they also happen to know of some of the best and cheapest places to go to for a South Asian meal in Manhattan.

Although the city has no shortage of Indian restaurants, it is usually the small, unassuming eateries frequented by cab drivers that serve some of the most authentic South Asian meals in the city.

The highest concentration of yellow taxi drivers came from Bangladesh, with the group representing 23.1 percent of all yellow taxi drivers, according to a 2014 report by the New York City Taxi & Limousine Commission. Cabbies from Pakistan represented 13.2 percent of all drivers, while 9.3 percent hailed from India.

Taxi drivers tend to pick up most of their fares downtown. So clusters of restaurants that cater to them have emerged in specific Manhattan neighborhoods. Several are con-



A restaurant worker assembles orders from customers at Curry In a Hurry. NEHA BANKA KANORIA

centrated in Curry Hill, centered on Lexington Avenue and 28th Street, a neighborhood with many South Asian shops and restaurants.

When hunting for eateries, most cab drivers look for cheap food, quick service and most importantly, easily available parking. South Asian food isn't immediately associated with fast food, but some of these eater-

ies have modified their services to cater to this clientele.

"Most drivers come in after 11 p.m., and although we do have seating, they don't use it," said Masud, restaurant supervisor for Curry in a Hurry, a popular stop for cab drivers. To serve this clientele, the restaurant came up with a set meal option for \$8 that takes only a few minutes to put together and is

only available after 11 p.m. when the drivers typically come in for dinner.

The list of recommended places to eat in the city is usually passed around by word of mouth. Cab drivers who have been in the business for a long time share it with newcomers.

Easy availability of restrooms is also important for cab drivers and most South Asian restaurants in

Curry Hill allow them to use their facilities without any charge.

"The restaurants know the cab drivers, and so even if we use their facilities without purchasing food, it's not a problem," explained Aminder Pal Singh, from Punjab, India, who has been driving yellow cabs for three years.

Farther uptown by 106th Street and Columbus Avenue is a small,

unassuming Indian restaurant called Doaba Deli that serves vegetarian food and is frequented by cab drivers and students of the nearby Columbia University.

"Almost all cab drivers look for home-style cooking that isn't very greasy," said Sardar Jimmy, an Uber driver who had stopped by Doaba Deli for dinner. "Driving cabs is a mainly sedentary job and we don't really get time to exercise. High cholesterol is also a problem, so we try to eat healthy at places like this."

A regular at Doaba Deli, Frederick Dsouza, from Goa, India, has been driving a yellow taxi cab for 15 years. "The food is fresh here, but I mainly come because I get to hear people talk in different Indian languages and because we get to discuss issues that cab drivers face in the city," he said.

Along with regular tables, most of these restaurant have counters lined up against the walls for people who don't have time for a sit-down meal. In one corner of the eatery, a television set might be running an Indian news program or playing Bollywood music while customers flit in and out.

"Sometimes [at the end of the 12-hour shift], all you want is home-cooked food," said Singh.

Crime spikes in city parks during first half of 2016, NYPD data show

An increase of robberies, assaults and other wrongdoings has caused a 39 percent surge in crimes committed in city parks during the first half of the year, records showed.

NYPD CompStat data showed a 36 percent increase in robberies during that period and a 24 percent increase in assaults.

"I am not surprised," Geoffrey Croft, president of NYC Park Advocates, told PIX11 News. "I have been calling for

an increase in police presence."

A total of 460 crimes were reported during the first six months of 2016, compared to 330 during the same period in 2015, according to the data.

There were fewer rapes reported (six) in city parks during the first half of the year than during the same period in 2015 (eight).

More crimes were committed in Flushing Meadows-Corona Park in Queens during the



A crime scene in Central Park CREATIVE COMMONS

first half of 2016 than in any other park in the city. Twenty-five grand larcenies, three robberies, a felony assault and a robbery were reported at the park during that period.

"What's particularly embarrassing is the city's response calling park crime 'rare,' the increase a 'slight uptick' and boasting that parks are the safest places in the universe" Croft told the New York Post. "That's simply delusional." GARY KANE

FALL SPECIALS FOR ALL

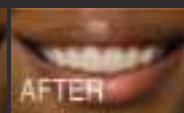
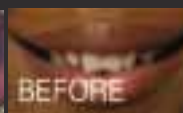
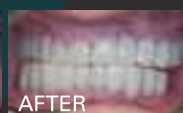
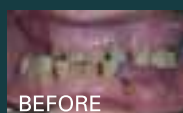
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BRIEF

Netflix subscriptions boom around world, shares jump 20 percent

Netflix Inc. added over 50 percent more subscribers than expected in the third quarter as original shows such as "Stranger Things" drew new international viewers and kept U.S. customers despite a price hike, sending its shares soaring 20 percent in late trade.

The company broke a two-quarter trend of disappointing

subscription growth. Netflix, which has spent heavily to expand outside its home market, also said that it was on track to start harvesting "material global profits" next year, even as it raised spending on original programming.

Shares of Netflix rose to \$119.82 in extended trade from a close of \$99.80.

Netflix added about 3.20 million subscribers internationally in the third quarter, higher

than the 2.01 million average analyst estimate.

In the United States, Netflix added 370,000 subscriptions, compared with analysts' estimate of 309,000, according to research firm FactSet StreetAccount.

"Investors appear laser focused on subscriber growth, and so long as Netflix delivers on that metric, investors will bid its shares up," said Wedbush Securities analyst Michael

Pachter. However, Pachter said he thought the continuing cost of developing new shows would undermine plans to deliver material profits in 2017.

Netflix has expanded into more than 130 markets worldwide, including most major countries, except China. It said on Monday it was dropping plans to launch a service in China in the near term, opting instead to license its shows for "modest" revenue. **REUTERS**



City officials celebrated the designation of the Stonewall Inn as a national monument this year. The 1969 Stonewall uprising is considered by many to be the beginning of the gay rights movement in the U.S. **GETTY IMAGES**

New York City earns perfect score in annual rating of LGBTQ relations

The Human Rights Campaign awarded the city a score of 100 for its LGBTQ policies.

GARY KANE & KRISTIN TOUSSAINT
@MetroNewYork
letters@metro.us

New York City earns high marks for its treatment of the LGBTQ community, according to the Human Rights Campaign (HRC).

The HRC awarded the city a perfect score — the fifth consecutive year it has achieved the top rating.

"New York City is the birthplace of the LGBT rights movement and has long been a haven for those who have sought a more welcoming place to live, love and work," said first lady Chirlane McCray, co-chair of the city's Commission on Gender Equity. "I am proud of this honor, which reflects the tremendous progress that has been made."

The HRC Foundation on Monday released its fifth annual Municipal Equality Index, which it describes as "the only nationwide rating system of LGBTQ inclusion in municipal law and policy."

The index looks at how cities are taking it upon themselves to protect the LGBTQ community with laws and policies prohibiting discrimination along with making sure everyone has the same access to city services and pub-

lic accommodations.

New York received a perfect score, 100 percent, across five categories, as well as 16 bonus points for achievements like having an openly LGBTQ municipal leader (elected or appointed) and for being pro-equality despite more restrictive state laws.

New York was one of 60 cities to earn perfect scores this year, according to the HRC. This is up from 47 in 2015 and 11 in 2012, the first year of the index. The Municipal Equality Index rates 506 cities nationwide.

The average city score was 55 points, according to the HRC.

The index looks at 44 criteria under five broad categories for all cities: non-discrimination laws, municipal employment policies like transgender-inclusive insurance coverage and non-discrimination requirements for contractors, inclusiveness of city services, law enforcement and its reporting of hate crimes and municipal leaderships on matters of equality.

"This year, dozens of cities across the nation showed they are willing to stand up for LGBTQ people in their communities even when state governments are not," HRC President Chad Griffin said in a news release. "This builds on a trend we have long observed: that local governments are at the forefront of our fight for equality."

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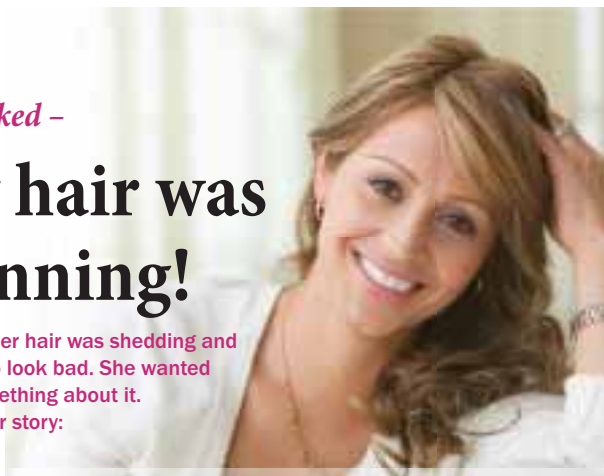


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– Amy, NYC



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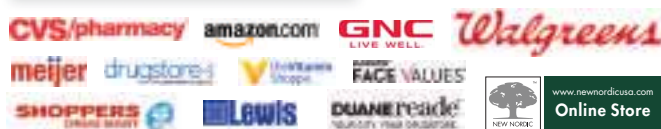
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‘Bridgegate’ defendant says he was duped

After days of complaints about traffic jams at a major New York bridge in 2013, New Jersey Gov. Chris Christie’s associate demanded to know if lane closures were political retribution, he testified on Monday.

On trial over his alleged role in the “Bridgegate” scandal, Bill Baroni, Christie’s top political appointee at the Port Authority of New York and New Jersey, said he confronted fellow authority executive David Wildstein to ask whether the lane closures in September 2013 were an act of retribution against the Democratic mayor of a commuter town.

“I said, ‘David, tell me right now, is this true?’” Baroni testified in federal court in Newark, where he is on trial on fraud charges. “He looked me in the eye and said, ‘Absolutely not.’”

In his first day of testimony, Baroni asserted that Wildstein orchestrated the lane closures without his knowledge to punish Mark Sokolich, the mayor of Fort Lee, for his refusal to endorse Christie’s reelection bid.

Baroni also rejected Wildstein’s contention that they discussed the scheme with Christie as it was unfolding.

Christie had soared to national prominence in late 2012 for his response to Superstorm Sandy and wanted to use that spotlight, and



Bill Baroni, the former deputy executive director of The Port Authority of NY/NJ GETTY IMAGES

an aura of bipartisan spirit, to catapult himself towards the White House. But the scandal hurt his image and his campaign ultimately collapsed early this year, though he has always denied involvement.

Baroni’s story was entirely at odds with the narrative U.S. prosecutors have presented at trial. They have accused Baroni, Wildstein and former Christie deputy chief of staff Bridget Kelly of conspiring to create the traffic jam to punish Sokolich.

Kelly, on trial alongside Baroni, is also expected to testify. Wildstein has pleaded guilty and appeared as the government’s star witness earlier in the case.

Baroni said he confronted Wildstein after receiving a letter from

Sokolich suggesting the closures had “punitive overtones.”

But during cross-examination, Assistant U.S. Attorney Lee Cortes pointed out that days before, Sokolich left him a voicemail asking “who’s mad at me?”

“So the first time you heard from him, he was asking if someone was mad at him? It wasn’t Thursday?” Cortes asked.

Baroni said he believed Wildstein’s representation that the George Washington Bridge lane closure was part of a traffic study and that he should not respond to Sokolich.

“I’ve regretted it ever since,” Baroni said.

Wildstein said he and Baroni invented the traffic study as a cover story. REUTERS

BRIEF

Penn State denies retaliation against witness in Sandusky case

Mike McQueary lost his job on Penn State’s football staff due to his own shortcomings and public revulsion that he failed to stop former assistant coach Jerry Sandusky from molesting a boy and not in retaliation for testifying against Sandusky, a lawyer for the university told jurors on Monday.

The jury in Bellefonte, Pennsylvania, heard opening statements in McQueary’s

lawsuit seeking more than \$8 million in damages from Penn State over his 2012 termination, the latest legal development in a scandal that has sullied the university’s reputation.

Penn State attorney Nancy Conrad told jurors in the trial that McQueary’s termination had nothing to do with his testimony against Sandusky, who was tried and convicted in 2012 of 10 counts of child sexual abuse.

McQueary’s lawyer, Elliot Strokoff, said in his opening

statement that McQueary has earned less than \$10,000 since his dismissal as an assistant football coach. Since then, McQueary’s marriage fell apart and he moved in with his parents in State College, home of Penn State’s main campus, Strokoff said.

The lawsuit by McQueary, 42, against Pennsylvania State University over what he portrays as retaliation, defamation and misrepresentation is being heard in Centre County Court of Common Pleas. REUTERS

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Three charged after shooting death of Trinity Gay

Condolences poured in from track stars and officials, including Olympic sprinter Lolo Jones and the USA Track and Field organization.

Authorities in Kentucky have charged three men, including a father and son, in connection with the shooting death of Olympic sprinter Tyson Gay's 15-year-old daughter outside a restaurant over the weekend, police said.

Trinity Gay was caught in an exchange of gunfire between the occupants of two vehicles at about 4 a.m. local time on Sunday in the parking lot of a fast food restaurant in her hometown of Lexington, police said.

She was transported by private vehicle to a local hospital where she was pronounced dead, police said.

Father and son Chazerae Taylor, 38, and D'markeo Taylor, 19, were charged with wanton endangerment in connection with the shooting. Dvonta Middlebrooks, 21, was charged with wanton



D'markeo Taylor Chazerae Taylor Dvonta Middlebrooks
COURTESY LEXINGTON POLICE DEPARTMENT HANDOUT

endangerment and possession of a firearm by a convicted felon, Lexington police said in a statement late on Sunday.

"Investigators determined that Middlebrooks was in the parking lot and fired multiple shots at the time of the incident," the police statement said.

A homicide investigation is ongoing.

"Sending our thoughts and prayers to [Tyson Gay] and his loved ones as they mourn the tragic & senseless loss of his daughter, Trinity," USA Track & Field, the sport's national governing body, wrote on Twitter.

Like her father, Trinity attended Lafayette High School, where she was a promising track competitor.

"Our hearts are broken," the school district said in a statement.

Gay, 34, who was born in Lexington, won three

gold medals at the World Championships in 2007 in Osaka, Japan, taking titles in the 100 meters, 200 meters, and 4x100-meter relay. He set the U.S. record in the 100-meter sprint two years later.

Gay, who made his Olympic debut in 2008, won a silver medal with the 4x100-meter relay team at the 2012 games in London. But he lost the medal after testing positive for a banned substance in 2013.

He has since competed in multiple Summer Olympics, most recently in Rio de Janeiro, Brazil.

In an interview with the sports editor of NBC-affiliate Lex 18 television early on Monday, Gay appeared to be in shock.

"She didn't make it. I'm so confused," Gay said. "She was just here last week for fall break. It's so crazy."

REUTERS



Construction equipment for Dakota Access GETTY IMAGES

Sheriff: Dakota Access construction equipment set ablaze in Iowa

Construction equipment for Dakota Access LLC's controversial \$3.7 billion oil pipeline suffered about \$2 million in damage in an intentionally set fire over the weekend in Iowa, authorities said on Monday.

The Jasper County Sheriff's office said the fire occurred late Saturday near the town of Reasnor, Iowa, near where other equipment was set ablaze in August along the pipeline route, which is planned to carry oil from North Dakota to the U.S. Gulf Coast. State and federal authorities are investigating.

Dakota Access said in an emailed statement it "experienced the intentional burning of construction equipment by unknown individuals."

These illegal actions have resulted in millions of dollars in damage."

The Standing Rock Sioux tribe and environmental activists have been protesting construction of the 1,100-mile (1,886-km) pipeline in North Dakota for several months because they say it threatens water supply and sacred sites.

On Monday, dozens of demonstrators gathered outside the Morton County Courthouse in North Dakota to protest the pipeline and support for a journalist charged with rioting.

Construction of one section in North Dakota has been halted in response to the tribe's concerns and is under federal review.

REUTERS

BRIEF

At least two dead in explosion at German BASF chemical plant

At least two people died and six were severely injured on Monday in an explosion and fire at chemicals maker BASF's biggest production site in Germany.

The explosion occurred on a supply line connecting a harbor and a tank depot on the Ludwigshafen site, according to BASF, the world's biggest chemicals company.

A fire that broke out following the blast sent up plumes of smoke for hours, prompting BASF and the city of Ludwigshafen to urge residents in the surrounding area to avoid going outside and to keep their windows and doors shut.

Measurements taken in the area so far have indicated no risk from toxic fumes, BASF said.

"We deeply regret that employees died and several people were injured. Our sympathy is with the affected people and their families," the Ludwigshafen site's chief, Uwe Liebelt, said in a statement.

The company said it was unclear so far what caused the explosion. BASF also said it could not say what financial impact the explosion might have.

It shut down 14 facilities, including its two steam crackers, large units that make basic chemical components, for safety reasons and because the supply of raw materials was disrupted by the blast.

The Ludwigshafen site, around 50 miles south of Frankfurt, is the world's largest chemical complex, covering an area of 4 square miles and employing 39,000 workers, according to BASF. It is located on the Rhine River and receives many of its raw materials by ship. REUTERS

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Iraq launches Mosul offensive to drive out Islamic State

The Pentagon said that Iraqi forces were meeting objectives and were ahead of schedule on the first day of the offensive.

Iraqi government forces launched a U.S.-backed offensive on Monday to drive Islamic State from the northern city of Mosul, a high-stakes battle to retake the militants' last major stronghold in the country.

Two years after the jihadists seized the city of 1.5 million people and declared a caliphate from there encompassing tracts of Iraq and Syria, a force of some 30,000 Iraqi and Kurdish Peshmerga forces and Sunni tribal fighters began to advance.

Helicopters released flares and explosions could be heard on the city's eastern front, where Reuters watched Kurdish fighters move forward to take outlying villages.

A U.S.-led air campaign has helped push Islamic State from much of the territory it held but 4,000 to 8,000 fighters are thought to remain in Mosul.

Residents contacted



Smoke billows as Iraqi forces deploy on Oct. 17, in the area of al-Shurah, some 28 miles south of Mosul, while advancing towards the city to retake it from the Islamic State group jihadists. GETTY IMAGES

by phone dismissed reports on Arabic television channels of an exodus by the jihadists, who have a history of using human shields and have threatened to unleash chemical weapons.

"Daesh are using motorcycles for their patrols to evade air detection, with pillion passengers using binoculars to check out buildings and streets," said Abu Maher, using an Arabic acronym for Islamic State.

He and others contacted were preparing makeshift defenses and had been stockpiling food in anticipation of the assault, which officials say could take weeks or even months. The residents withheld their full names for security reasons and Reuters was not able to verify their accounts independently.

The United States predicted Islamic State would

suffer "a lasting defeat" as Iraqi forces mounted their biggest operation in Iraq since the 2003 invasion that toppled Saddam Hussein.

But the offensive, which has assumed considerable importance for President Barack Obama as his term draws to a close, is fraught with risks.

These include sectarian conflict between Mosul's mainly Sunni population and advancing Shi'ite forces, and the potential for up to a million people to flee Mosul, multiplying a refugee crisis in the region and across Europe.

"We set up a fortified room in the house by putting sandbags to block the only window and we removed everything dangerous or flammable," Abu Maher said. "I spent almost all my money on buying food, baby milk and anything we might need." REUTERS

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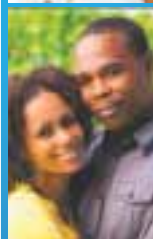
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Pentagon voices caution on latest missile incident

The U.S. carried out cruise missile strikes against radar sites in Yemen on Thursday after two confirmed attempts last week to hit the USS Mason with coastal cruise missiles.

The Pentagon declined to say on Monday whether the USS Mason destroyer was targeted by multiple inbound missiles fired from Yemen on Saturday, as initially thought, saying a review was under way to determine what happened.

Any determination that the USS Mason guided-missile destroyer was targeted on Saturday could have military repercussions, since the United States has threat-

ened to retaliate again should its ships come under fire from territory in Yemen controlled by Iran-aligned Houthi fighters.

"We are still assessing the situation. There are still some aspects to this that we are trying to clarify for ourselves given the threat — the potential threat — to our people," Pentagon spokesman Peter Cook told a news briefing.

Admiral John Richardson, the chief of naval operations, disclosed the latest incident during an event in Baltimore on Saturday, saying the USS Mason "once again appears to have come under attack in the Red Sea."

Cook noted that the crew aboard the USS Mason detected what appeared to be a missile threat and responded appropriately.

U.S. officials cautioned, however, that details from the incident were still under review. It was unclear how soon a final determination might be made about how many, if any, missiles were actually fired at the USS Mason.

The U.S. cruise missiles launched on Thurs-



USS Mason GETTY IMAGES

day knocked out three coastal radar sites in areas of Yemen controlled by Houthi forces. U.S. officials, speaking to Reuters on condition of anonymity, have acknowledged additional potential targets were examined.

The missile strikes, authorized by President Barack Obama, represented Washington's first direct military action against suspected Houthi-controlled targets in Yemen's conflict and raised questions about the potential for further escalation.

REUTERS

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Trial to begin over debunked Rolling Stone rape story

A defamation lawsuit against Rolling Stone magazine over its debunked story of a gang rape is set to start in federal court on Monday.

University administrator Nicole Eramo is seeking a total of \$7.85 million in damages over the 2014 story which described the assault of a freshman woman during a fraternity party in 2012.

In her lawsuit, Eramo said she was cast as the "chief villain of the story."

The article, "A Rape on Campus," caused an uproar over the issue of sexual violence in U.S. colleges, but Rolling Stone retracted it in April 2015 when discrepancies surfaced.

Eramo, the former associate dean on sexual violence issues, filed suit against Rolling Stone, reporter Sabrina Rubin Erdely and publisher Wenner Media in 2015.

In her lawsuit filed in Charlottesville federal court, Eramo claimed that Rolling Stone falsely portrayed her as callous and indifferent to the allegations of gang rape. The woman at the center of the story is named only as "Jackie" in the story and court papers.

Lawyers for Rolling Stone have argued that Eramo's attorneys must prove that Erdely and the magazine's editors acted with "actual malice" - meaning reckless disregard for the truth - when they published the claims against Eramo.

Rolling Stone lawyers have said that up until the magazine's publication of an editor's note about the story's inconsistencies, it had full confidence in Jackie and the story.

Rolling Stone commissioned a review by Columbia University that criticized the publication



University of Virginia GETTY IMAGES

for reporting and editing lapses.

Defense lawyers said last week that Eramo's lawyers had leaked a video deposition of Erdely to ABC television's "20/20" news program for broadcast on Friday. They asked U.S. District Judge Glen Conrad to punish Eramo's team for violating a protective order and to move the trial, claiming that the broadcast could taint the jury pool. **REUTERS**

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Source: Trump's son-in-law held talks to set up Trump TV network

Donald Trump's son-in-law, Jared Kushner, informally approached LionTree Advisors Chief Executive Aryeh Bourkoff about setting up a Trump TV network after the presidential election, but the investment bank does not want to be involved in the process, according to a person familiar with the matter.

Kushner contacted Bourkoff, one of the media industry's top dealmakers, in the past few months, but there have been no further conversations, the source said on Monday. The source asked not to be identified because the discussions were private.

There was no reason given for LionTree's re-



Jared Kushner GETTY IMAGES

luctance to participate in the process.

The Financial Times first reported the LionTree talks earlier on Monday, citing sources.

Trump, the Republican presidential nominee, told the Washington Post last

month he had "no interest in a media company" and reports that he was considering setting up one was "a false rumor."

Kushner, the owner of the weekly New York Observer newspaper, is married to Trump's daughter Ivanka.

Kushner and LionTree did not respond to requests for comment.

Trump said on Monday he expected widespread voter fraud in the Nov. 8 presidential election despite evidence that shows the system is sound. Trump has tried to whip up fears of a flawed elections as he has fallen back in opinion polls against Democratic rival Hillary Clinton.

REUTERS

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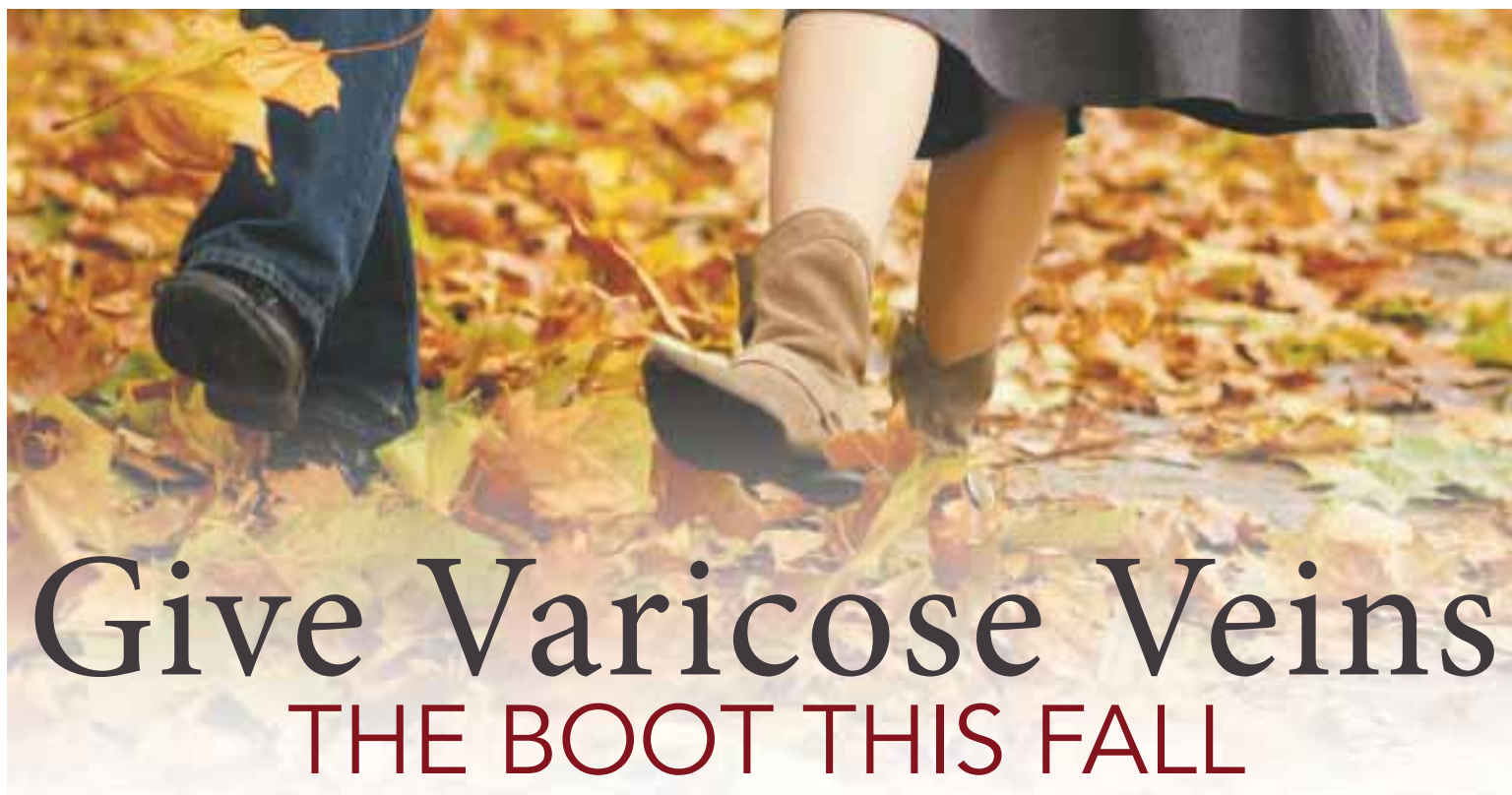
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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By **NY Pain MD**

NY Pain MD is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other joint arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1

Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make **natural** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be **EXTREMELY PRECISE**. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why **NY Pain MD** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at **NY Pain MD** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at **NY Pain MD** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why **NY Pain MD** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Knee Arthritis Suffers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief" at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indicate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to

significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

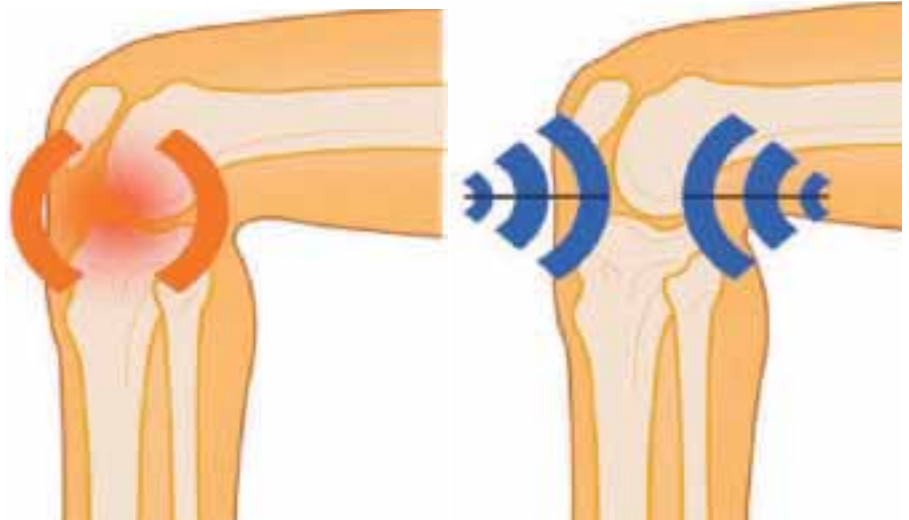
The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

Advanced Treatment Uses Medical Radio Frequencies Waves To Relieve Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NY Pain MD**

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordinators will get you appointed for next month

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4 Tips for getting ready for the math section of the SAT

Don't let your nerves get in the way of performing well.



LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

For students who have always feared math class, preparing for a standardized test is the stuff of nightmares.

"It's something we hear about all the time talking with students and their families," says Cailin Papszycki, Kaplan Test Prep's New York area director of SAT and ACT programs. "A lot of students will say 'I'm a great student, but I'm not a great test taker.'"

We asked Papszycki to share what students should do to shake those math-related jitters.



Get ahead on the math portion of the SATs with multiple no calculator prep sessions. iStock

Create a plan of attack

"We always tell students that studying for the SAT is a marathon, not a sprint," says Papszycki. "We then ask, 'What is your study plan going to look like?'"

While students today have to balance a full class load and extracurriculars along with test prep, Papszycki warns that going into the SAT or ACT cold can lead to disaster. Students should begin to create a study plan that tackles the type

of math problems they'll encounter on the test a couple of months before they're scheduled to take their exam.

Practice, practice, practice

Once you have a plan

mapped out, it's time to figure out what your strengths and weaknesses are. Because the SAT underwent a major revamp earlier this year, some students may be surprised by the new format.

"Students have told us the new math section feels totally different," says Papszycki. "It's important to get familiar with the test. Know what the questions look like and ask yourself, what are the concepts being tested? Go in prepared."

Break up with your calculator

Because most of us always have a smartphone on hand, students today are losing their ability to do equations in their heads. "If they are shopping and there is a discount, everyone just reaches for

their phones," notes Papszycki. "They are not used to doing mental math." Students aren't permitted to use calculators while taking one of the SAT's two math sections, so it's important to brush up on doing equations by hand.

Do a run through

Once you've gone through as many prep questions as you can, it's a good idea to take a practice test or two. "A lot of parents ask us if their student should take the SAT or the ACT," says Papszycki. "Either is fine."

On Nov. 12, Kaplan is holding a free National Test Day where students can take a practice test for free. "One half of the questions will be from the SAT and the other half from the ACT, so students can get a feel for each."



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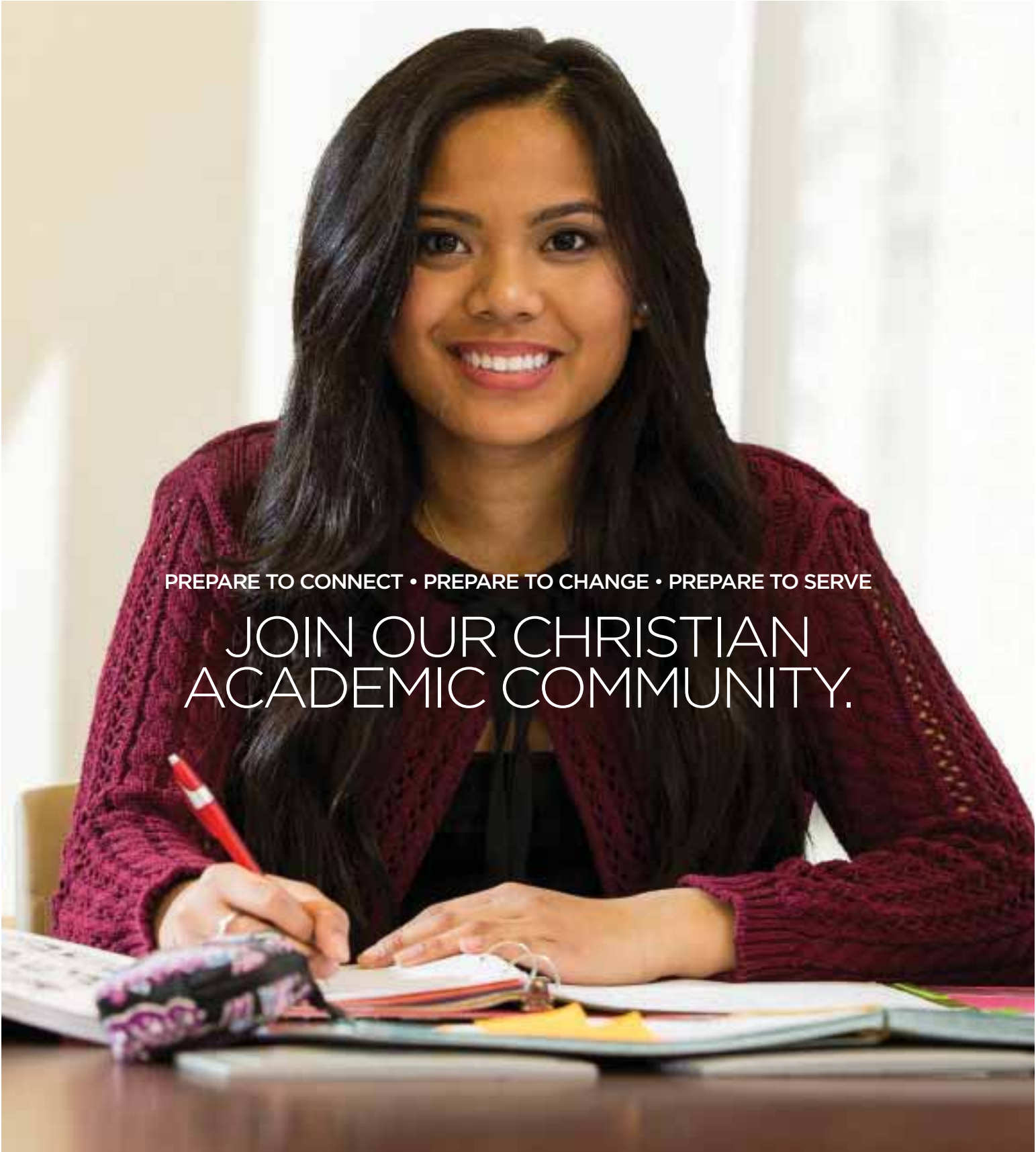
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Brangelina's former bodyguard spills on working for the famous family

Mark Billingham had one job during his tenure as bodyguard to the family of Brad Pitt and Angelina Jolie: keep them protected. According to a revealing interview with *The Sun*, Billingham claims he spent so much time with the famous family and their kids that he "fathered them, basically."

Billy, as he is known, didn't dismiss how protective the couple is of their brood. The former Secret Service agent was one of the very few

people allowed to take the children places alone. The 51-year-old also discusses not only having to protect the family from physical harm, but also from social mishaps. He kept extra clothes for them in case of spills and assisted with basic things noninternational superstars take for granted, like going to a bar.

And yes, Billy was just as shocked as the rest of the world when he heard about Brangelina's divorce. Maybe not quite part of the family, then?

the word

SESALI BOWEN
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Russell Crowe throws Azealia Banks out of his hotel room

We all hate when someone who wasn't actually invited to the party stirs up trouble. It looks like veteran actor Russell Crowe experienced this late Saturday night during an intimate gathering at his Beverly Hills hotel suite. The rowdy party crasher in question? Azealia Banks.

The rapper



tagged along with Wu-Tang's Rza, who was invited to have dinner and listen to music with Crowe and some friends, according to TMZ. Banks laughed at Crowe's music selection and called him and another guest "boring white men." When she was told to chill out, she reportedly went on a tirade that included a gory threat to stab guests in

the throat with a broken glass. Yikes!

When Banks cocked back her glass, Crowe sprang into action, grabbing her in a bear hug and carrying her out before calling security to have her removed from the property. For her part, Banks insists she was called the n-word, choked, spit on and thrown out. What a buzzkill.

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Catfish and the Bottlemen don't want to pull any tricks

The Wales rockers take their sophomore album on tour.

CHRIS LEO PALERMINO
@indiecalp
letters@metro.us

Catfish and the Bottlemen's sophomore album "The Ride" was built for the road.

"Everything we wrote was based around playing live so the way people would react, the way people would move to certain songs," explains frontman Van McCann. "We kind of sit in the practice room saying 'Can you feel this? Can you feel

everybody's arms up to this?'"

What resulted is a record of toe-tapping melodies, explosive crescendos and big finishes. And lots of happy fans: "The Ride" is the first U.K. chart-topper for the Welsh rockers.

We spoke with McCann and lead guitarist Johnny "Bondy" Bond about developing in the British country and why staying "inside the box" was so important in making "The Ride."

While you guys began the band in Wales, were you mostly playing shows elsewhere?
McCann: Yes, because



Catfish and the Bottlemen's 2014 debut "The Balcony" was certified Gold in the U.K. JILL FURMANOVSKY

there wasn't too many venues that were within an hour of us. I think that disciplined us really, really early on touring, because we'd have to go out and kick down doors. We'd

have to go and find our gigs — you know, drive to Scotland and then get all the way back the next day.

What were some of the overarching themes

on "The Ride"?

McCann: I realized there's a lot of smoking. That was because I was always having a smoke writing. [For] the first album, all the people involved, all the stuff I was writing about, was within five minutes of me. The people around the corner from my house or the bars I was thinking of were a 10-minute walk from me.

Now, with the tours being so hectic, I think everything had a bit more distance to it. A lot of the sound grew wide. I think lyrically, it [was] a bit more wide-eyed.

You've said that you wanted to stay "inside the box" and focus on songwriting.

McCann: There was no tricks. It was very

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clear that it's me singing. It's Bondy playing guitar. It's Bob [Hall] drumming. It's Benji [Blakeway] on the bass. Everything we write, we just take it and play it live without needing a lot of tricks and a lot of things like that. Songwriting to me is if you could play it in the kitchen at the end of a night out and have the whole kitchen with your friends or family or whatever singing that song.

Bond: That remains true for the recording process, as well. Everything was done to be easily achievable live. There's no sort of mod effects coming in on the production side of it. It was all meant to be so it can be taken to another level when we play it live.

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Neil deGrasse Tyson gives us an unexpected lesson on global warming

New episodes of his TV show, "StarTalk," air on Mondays at 11 p.m.



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Whether you're an astrophysicist like Neil deGrasse Tyson or not, "StarTalk" will pique your interest in science. Now in its third season on the National Geographic channel, the series makes science accessible to everyone, featuring a range of guests from every corner of pop culture. We got to chat with Tyson about the show's beginnings, the importance of science literacy in everyday life and even get an unexpected science lesson about global warming.

This new season has been fantastic. I had no idea



Dr. Tyson gave his first professional lecture at age 15. CHRIS CASSIDY

So I read that you had an early start — even giving lectures at age 15.

Yeah, my first "professional lecture" where I was paid, I was 15 at a college in New York. I think it was one of their extension schools where adults go back and learn more. Every college has one of these but are called different things. So I gave a talk to adults and I did it. And then they sent me a check in the mail and I was like, "Whoa!" And I felt kind of cheap. It was like, "Wait a minute — I didn't sweat. I didn't toil. I didn't struggle. I

was just describing the universe." It's like asking someone how many cushions are on the couch in their living room. [Pause] And it was \$50 in case you wanted to know. But I had just turned 15, it was 1973 and it was an infinite amount of money.

Your show is making science accessible to all. How can knowledge of science improve the lives of everyday people?

Think of it as science literacy, not as science. Science literacy is not so much a body of knowledge as it is as a means or method of asking questions.

Interesting.

If someone says, "Why do you think humans are causing the warming of the planet?" Rather than saying we are and rather than saying we're not, you ask what is behind that.

And then you can say, "Well, we studied migration patterns of animals and it is slowly changing because their habitats are warming sooner than they once did. We also see an increase in mosquitoes because the winters are not as cold, which normally keeps down their population in the spring, but now they're coming back with vengeance. We see this in the records of temperatures that are frozen into the layers of snow in glaciers." And they say, "Oh my gosh, that's interesting. And when did that all begin?" "That all began in the 1800s." "Well, what happened?" "That's when we started pulling fossil fuels out of ground and burning them." "Well what's wrong with burning them?" "Carbon dioxide is a by-product of this and in the lab you can see that carbon dioxide traps heat. It traps heat

wherever it is." "Do you have any examples of this?" "This atmosphere is 100 percent carbon dioxide and thick." "Oh, well, what temperature is it?" "It is 900 degrees Fahrenheit. That is hotter than a pizza oven."

That's the clearest explanation of global warming I've ever heard.

Yeah, so now you do what you want. I just told you what the scientific community says. I am not going to tell you how to vote or what to think. But I'll try to empower you how to think because thinking about data is part of what makes, not only an enlightened person, but it makes a responsible citizen in a free democracy.

The next episode of "StarTalk" airs on Monday, Oct. 24, on the National Geographic Channel.

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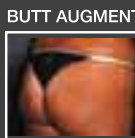
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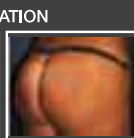
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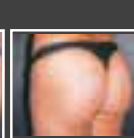
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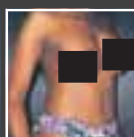
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The best and worst fall foods

Put down that pumpkin spice latte—dig into that roasted delicata squash.

KATE MOONEY
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With fall, all kinds of yummy seasonal foods become available to us. While most are delicious, some are healthier than others—just think, oven-roasted butternut squash versus apple-cider donuts.

But it's not always that obvious. To help sort out the good from the bad, as well as make healthy modifications to our favorite cold-weather comfort foods, we consulted with dietitian Kayleen St. John, the executive director of nutrition at Euphebe, a NYC-based food and wellness company that helps folks kick their poor eating habits.

Say yes to pumpkin seeds, no to pumpkin spice lattes

Pumpkin seeds, especially the ones culled straight from the pumpkin, are full of fiber and iron. Roast with olive oil and a sprinkle of salt for the perfect fall snack or

salad topping. "The white casing provides an extra dose of fiber compared to store-bought green seeds," says St. John.

Every year, basics lose their s—t over pumpkin-spice lattes; no judgment, but, it's important to know that often, they're made with artificial pumpkin flavor and pumped full of sugar. If you're craving that seasonal flavor in your morning coffee, St. John recommends making your own pumpkin spice mix, blending ginger, clove, cinnamon and nutmeg and adding it directly to your coffee grinds.

Apple cider is not the fall saint you think it is

We all love to cozy up to a warm apple cider on a brisk fall day, but let's not delude ourselves that we're not mainlining sugar. "Apple cider is just apple juice in disguise, though it may look more virtuous with its cloudy, viscous 'natural' look," says St. John. "As soon as you isolate that sugary substance from the fruit, it basically becomes equivalent to soda, spiking your blood sugar and causing that insulin response."

Do indulge in all kinds of squash

From delicata to butternut to kabocha, there are endless varieties of squash that don't need much beyond a sprinkle of cinnamon, a drizzle of olive oil and a roast in the oven to bring out that rich, caramelized flavor. As with carrots, the orange and yellow pigmentation of most squash indicates it's full of beta-carotene, an antioxidant and precursor to Vitamin A, which is good for your skin and eye health. Certain varieties, like delicata, you don't have to peel, which means you can roast them skin on for an extra dose of fiber, says St. John.

If you love a thick butternut-squash bisque but are concerned about the heavy cream, she suggests swapping in cooked and blended barley, which will still make it creamy while providing extra nutrition.

Healthy hacks for game-day favorites

There's nothing better than cooking up a hearty chili to enjoy on a chilly Sunday of football, and there are ways to make sure there's more to

it than just a bowl of spicy meat. Adding in beans beyond traditional kidney, like black beans and chick peas, as well as veggies, like peppers and mushrooms, will make it a healthier while still flavorful comfort food.

Buffalo wings are the best. But, if you're looking to cut down on your indulgences, try baking buffalo cauliflower bites instead—you can bread the florets and still coat them in Frank's, roasting them until they're crispy. Plus, cauliflower is a superfood packed with vitamins—and its peak season is the fall.

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Hernangomez showing great potential

The Knicks' Willy Hernangomez is looking like a draft steal.

TONY WILLIAMS
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The Knicks have been the butt of many jokes in recent years, and for good reasons. But perhaps now is the time to rethink the guffaws, because it appears they're back to being relevant again — at least in the eyes of their franchise player, Carmelo Anthony.

The turnaround may have been the night of the 2015 NBA Draft, when the Knicks supposedly reached on a young Latvian who nobody heard of with the No. 4 pick — the same selection that brought down a cascade of boos and actual tears of pain from young fans. Since then, Kristaps Porzingis has made the faithful eat their words and his stellar performances have dried up many eyes. But that wasn't the only move that night. Team president Phil Jackson also traded for the rights of Jerian Grant and Willy Hernangomez. The former was then parlayed into Derrick Rose, this past June in a trade, while the latter has impressed Anthony.

"I like the Big Baby," Anthony said of Hernangomez, eliciting high praise for the rookie. "He's a guy who can



Willy Hernangomez looked legit against the Celtics this past weekend. GETTY IMAGES

score, he can pass, he can play D. He can do it all. I try to not make comparisons, but I see a lot of Marc Gasol in him."

Perhaps those are lofty, if not unreasonable, praise for a guy who is still very raw and learning the ropes. But the point is that hopes are finally high again in the Garden — and Jackson, at least for now, can take a bow.

Hernangomez could quite well be the eventual steal, as his recent performances in the preseason have given glimmers of hope that Jackson has begun to

build an actual Eastern Conference contender, should everything fall the Knicks' way. The 22-year old neophyte has been playing with men for years in the one of the best non-NBA leagues, Spain's Liga ACB — the same league that berthed Porzingis. And during Olympic international play, this summer, Anthony would sometimes heap unsolicited praise upon the 6-foot-11 Spaniard.

Hernangomez's most recent testament was his Oct. 15 performance at the Garden against the Boston Celtics when he tallied 12 points and 12

Knicks notes

- Chasson Randle (left orbital fracture) does not need surgery, according to the team. He'll likely be able to resume activities in about a month.
- Hornacek also noted that the point guard's injury won't be a factor in whether he makes the team or not, adding his play is speaking for himself.
- Should the Knicks waive Randle, the team would still have to pay his partially-guaranteed contract until he's cleared to play.
- Porzingis (groin) was limited in Monday's practice.

rebounds (including five on the offensive end) in just 24 minutes. His energy and ability to score may have thrust him into the rotation as a backup center/power forward,

along with guys like Kyle O'Quinn and Marshall Plumlee. Neither are too formidable to make new head coach Jeff Hornacek to not consider the Spaniard as a viable option.

And in fact, it's Hornacek who has joined Anthony in noting that the future is so bright that he may have to find ways to get Hernangomez on the floor in actual regular season action.

"We've got to find him some minutes. He deserves it," Hornacek said, adding he's impressed with the rookie's mettle and toughness. "He's not fearful. He jumps right in there. He's not in awe of playing with Joakim [Noah], Derrick Rose, [and] Carmelo Anthony. He just plays."

Hernangomez isn't the only young player that Jackson has snatched up who's having a good preseason. Backup forward Mindaugas Kuzminskas has performed well in both practices and preseason games. His most recent tally was an 18-point, 10 rebound effort in just 19 minutes in the same game that Hernangomez shined.

The immediate future could actually be bright for the Knicks, and it won't just be contingent on stars like Anthony, Porzingis, Rose, and Noah. They just may even be able to count on guys like the aforementioned rookies — the same players who many fans asked "who?" upon their arrivals. And should those youngsters continue to ascend — and guys stay healthy — the Knicks may actually get the last laugh on those who scoffed at and chided Jackson for his unconventional ways.

Eli finally back on track

Odell Beckham Jr. got the majority of the headlines coming out of the Giants' 27-23 victory over the Ravens Sunday as the wide receiver not only recorded a whopping 222 yards of receiving on eight grabs, but also proposed to a kicking net.

Lost in the shuffle was the fact that the man throwing Beckham the ball had his best game of the season, as Eli Manning completed 32-of-46 passes for a season-high 403 yards and three touchdowns. Manning also had two

interceptions against the Ravens but still managed to finish with a 100.2 passer rating.

"This is the most prepared person I've ever been around in my entire life," Beckham said of Manning to NJ.com. "He puts you in the right positions. He's making all the throws. We've all struggled early this year. He kind of took us under his wing [Sunday]. He said he was going to come out and give us his all. He led us the entire way in Eli fashion."

Up next for the Gi-

ants is the Los Angeles Rams, with the game being played in London. There's no reason why Manning shouldn't be able to put up another strong game in Week 7 as the Rams are just 16th in the league when it comes to pass defense, allowing 246 passing yards per game.

After a three-game winning streak, the Rams have stumbled the past two weeks — losing 30-19 to Buffalo at home and 31-28 at Detroit on Sunday.

MATT BURKE



Eli Manning needs to keep it up against the Rams this coming Sunday. GETTY IMAGES

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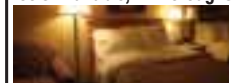
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Across

- 1 Footnote abbr. (2 wds.)
- 5 Drop behind
- 8 Stole
- 12 Curio
- 14 BMW rival
- 15 Story-telling dance
- 16 Coliseum
- 17 Bubble
- 18 Nile wading bird
- 19 Linebackers, often
- 21 Swiss financial hub
- 23 Tolstoy's name
- 24 "... Rheingold"
- 25 Large green parrot
- 26 Kind of year
- 30 Onetime Trevi Fountain coins
- 32 Earthenware pots
- 33 Godsend
- 37 Caboose's spot
- 38 Titled ladies
- 39 Summit
- 40 Hidden agenda (3 wds.)
- 42 Like gingersnaps
- 43 Pillages
- 44 Arctic canoes
- 45 -- Mahal
- 48 Some MDs
- 49 Santa's helper
- 50 Chihuahua chums
- 52 Returned (2 wds.)
- 57 Rinse off
- 58 Sourdough strikes



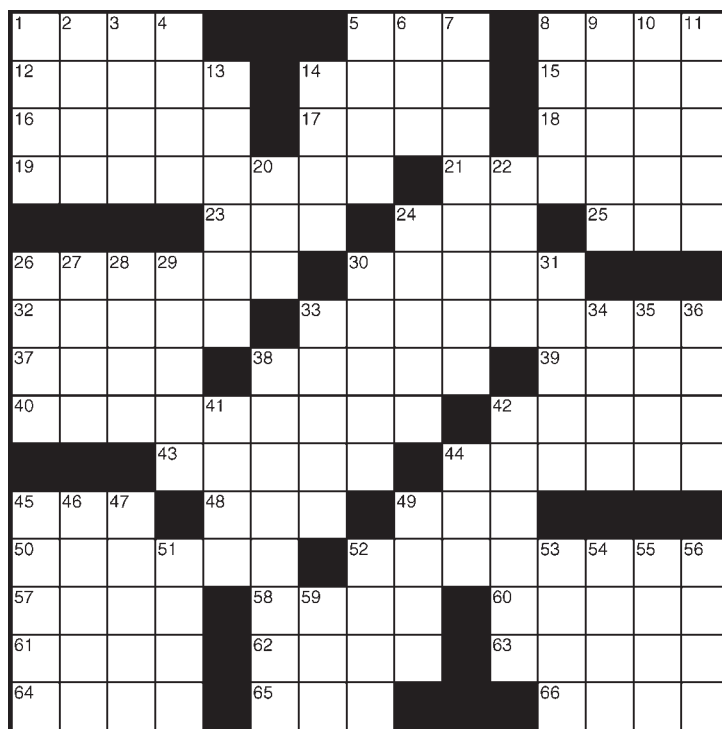
- 60 Gruff
- 61 Toddler perch
- 62 Bona --
- 63 Mary -- Moore
- 64 Lip, slangily
- 65 Hostile party
- 66 Lobby furnishing

Down

- 1 Q.E.D. part
- 2 Trillion, in combos
- 3 Guinness or Baldwin
- 4 Bit of chain
- 5 Jorge -- Borges
- 6 Wood-shaving tool

- 7 Bird stomachs
- 8 Hum
- 9 Cube inventor
- 10 Mrs. Kramden
- 11 Harem head of yore
- 13 Showy lilies
- 14 Huge hairstyle
- 20 Sushi fish
- 22 Mil. branch
- 24 Enjoyed a repast
- 26 Town meetings
- 27 Holly shrub
- 28 Chair-back piece
- 29 Wassailers' tune
- 30 Sketches
- 31 Maudlin
- 33 Stands in line
- 34 Han Solo's love
- 35 Shortage
- 36 The -- the limit!
- 38 Delivers (2 wds.)
- 41 Disco dancer (hyph.)
- 42 Least risky
- 44 JFK lander
- 45 Gives a lecture
- 46 Fridge maker
- 47 Fast-talks
- 49 Soothe
- 51 A few thou
- 52 Yield territory
- 53 Super deals
- 54 A Guthrie
- 55 Musical symbol
- 56 Sedgwick of the screen
- 59 "Blame It on --"

metro.us/crossword



metro.us/sudoku

easy

4			3		2	7		
7	5						3	
		6		9				4
		1		6	5		7	
6								5
	3		1	4		8		
1				3		5		
	8						4	9
		7	6		9			2

hard

							1	4
				5		2	7	3
			1			9		
	5			6	9			1
9		6	4	1	3	7		2
1			5	7			4	
			9			7		
6	7	5		4				
2	4							

metro.us/horoscopes



Aries Be receptive to new ideas, but reluctant to follow someone with a bad track record. It's up to you to conduct your due diligence before entering into a partnership.



Taurus Money matters should be dealt with carefully if you want to avoid loss. A physical challenge will help clear your head enough for you to find a unique solution.



Gemini Emotions will surface quickly, leaving you in an awkward position. Nurture important partnerships before the situation spins out of control.



Cancer Gravitate toward the unusual and do things that allow you to use your creativity. Walk away from no-win situations and people who are spoiling for a fight.



Leo Keep emotional matters in perspective and stay focused on what you can do to make things better. Home improvements will lead to personal benefits.



Virgo Test your skills before you go public with a project. Do a little fine-tuning to avoid criticism. Problems with a loved one will surface if you aren't attentive.



Libra Your ideas are interesting. Make sure you pay attention to every little detail to avoid a costly mistake. Rely on your experience and call in experts when in doubt.



Scorpio Discuss important matters with discretion. Giving personal information to the wrong person will come back to haunt you.



Sagittarius Lead the pack instead of standing in the background. Speak up, air your views and don't worry about being opposed by someone jealous of your charisma and skills.



Capricorn Live, learn and experience. It's important not to judge what others do, but to focus on the best way to improve your skills, knowledge and expertise.



Aquarius Money matters can be addressed and contracts can be negotiated. You stand to make gains if you stick to your principles and honor your promises.



Pisces Don't feel pressured to make a decision. Walk away from anyone using emotional blackmail to coerce you into something that doesn't feel right. **EUGENIA LAST**

Yesterday's answers

W	A	L	E	S	A	D	E	A	B	H	O	R
A	R	O	M	A	C	O	W	B	L	A	S	E
D	I	R	T	Y	R	I	C	E	A	E	R	I
I	D	I			I	N	K	S	L	A	P	E
			R	U	N	G			R	O	T	O
E	M	B	A	R	K		N	E	O	N		
L	E	A	R	N	S		Y	O	D	E	L	E
S	O	L	E			O	M	S		L	A	R
W	I	R	E	T	A	P		B	E	A	V	E
			A	N	K			R	E	M	E	D
S	P	U	R	T		A		A				
A	L	A	N	S		P	A	S	T		B	L
G	U	L	C	H		I	M	P	E	T	U	O
H	E	L	L	O		L	E	I		O	H	A
A	S	S	E	T		E	S	C		E	S	T

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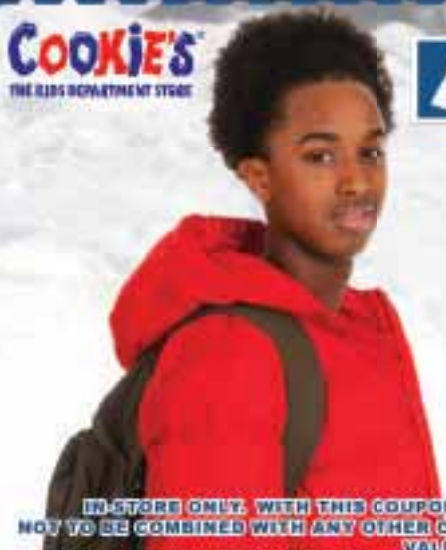




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